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A system and method for helping ensure that a user of a computer is set up to optimally view the computer monitor under optimal conditions in order to minimize eyestrain. The system includes determining an optimal viewing distance and monitoring the distance of a user from the computer monitor during use of the computer. The system further includes notifying the user when they stray from the optimal viewing distance and further may include testing various aspects of the user's eyesight during use of the computer monitor.

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